

What Do the Cards Tell Me about – Melo-Therapeutic Experience Focused on Developing Emotional Intelligence

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Abstract

Introduction: *Music therapy provides the access path to self, relying on overcoming barriers of communication and on non-verbal expression of emotions. Creative and expressive techniques helps people to understand themselves, to release accumulated anxieties, facilitating the development of emotional abilities.*

Objectives: *This research aims to study how receptive music therapy combined with other creative and expressive techniques in the experiential group determines the development of emotional intelligence. They were involved 60 subjects with a mean age of 23.74 years, divided into two groups (experimental and control). The members of the experimental group participated in an experiential training focused on developing emotional intelligence.*

Methods: *Before and after the intervention in the experiential group, the participants completed four psychological tests that assess the level of emotional intelligence development and its components: EIS (Schutte et al., 1998), TQE (Segal, 1999), TIE (adapted by Roco, 2001) and BTPIE (Wood & Tolley, 2003).*

Results: *The meto-therapeutic experience, followed by a profound psychological analysis, allowed the members of the experiential group to identify maladaptive patterns that they use in relationships with the others, mostly learned in childhood, then perpetuated sometimes even the over several generations, out of family loyalty.*

Conclusions: *The statistical results obtained show that the use of receptive music therapy together with other creative and expressive techniques challenges the participants to practice their own abilities of introspective analysis, to better know themselves and the others and to understand that each person is unique, and in order to live in harmony together with others, it is necessary to identify one's own emotions, but also of the others' and to efficiently manage them.*

Keywords: *receptive music therapy, creative and expressive therapies, emotional abilities*

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The Fractal Technique – A Way to Access the Unconscious and to Reduce Stress

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Abstract

Introduction: *The Fractal Technique is specific to the Unification Therapy and can be used both in groups and individual intervention in a non-invasive manner for exploring the unconscious. Fractals are a series of colourful drawings with abstract, self-similar, repetitive shapes that can be an abstract mathematical representation of many natural elements.*

Objectives: *This paper aims to outline some procedures in which the fractal technique can be used in the Unifying Personal Development group (UPD) and explain how fractal images can help to substantially reduce stress.*

Methods: *The methods used in this paper presents are the results of a personal literature review of the positive effects of fractals on stress, as well as the outcomes of personal research where The Fractal Technique was used as a pretext to access, analyse and resignificate blockages or traumatic experiences.*

Results: *Three years of effective work with fractal images as a projective tool, as support for creative meditation or just as a provocative object have proven that these images can have both psychodiagnostic and optimizing valences. Also, used in a proper manner they can have positive influences over stress and anxiety.*

Conclusions: *Fractal Technique is an innovation in the Unification Therapy. It is perhaps one of the few techniques that uses a mathematical concept, pointing out the interdisciplinary character of this orientation. In my personal work, I have observed that fractals can be a good tool for a psychological experiential diagnosis. In addition, images with a fractal dimension ranging from D1.2 and D1.9 reduce stress the most. Another conclusion relates to their projective power. A thorough research in this field is absolutely necessary because it has been observed both in individual and group work a preference for certain boards, depending on the degree of anxiety and some personality traits.*

Keywords: *fractals, anxiety, projective tool, creative meditation*

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Therapeutic Complementarities between Acupuncture and Psychotherapy

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Abstract

Introduction: *The context of a supraspecialized medical environment generates the need for interdisciplinary collaboration, both between medical disciplines and between physicians and other health care providers. Seen as a medical specialty by the conventional medicine, Traditional Chinese Medicine (TCM) is a medical system per se. Based on the extreme-oriental philosophical concepts, it has been practiced for about 4700 years. Modern research brings confirmation and explanations for the theoretical and practical aspects stated in the antique medical texts. In Europe the most frequent used technique of TCM is acupuncture. The practice of TCM and acupuncture in the present needs adjusting these interventions to the needs of today's patients. The TCM treaties written until recently have treated psychoemotional phenomena only from the energetical and organic perspective. Current lifestyle, due to the increasing influence of stress in pathology brings into discussion, for an etiological approach in treatment, the collaboration with psychotherapy.*

Objectives: *This discussion aims to bring arguments for the benefits of the collaboration between physicians practicing acupuncture and psychotherapists.*

Methods: *Literature investigation and clinical cases analysis.*

Results: *Acupuncture is a useful treatment method in both psychoemotional, psychosomatic and organic syndromes. Still, our clinical experience currently indicates that acupuncture can not fully address coping patterns that generate emotional stress and somatization. This is the place where psychotherapy can intervene.*

Conclusions: *For patients with long term and recurring symptoms, either psychoemotional, psychosomatic or organic, integrating acupuncture treatment with psychotherapy could bring a steady health benefit. Further studies are needed to confirm these clinical observations.*

Keywords: *acupuncture, psychotherapy, psychosomatic, stress, integrative medicine*

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The Sound of Intelligence

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Abstract

Introduction: *Music has a special place in human activity due to its antiquity and ubiquity. No culture is without music and as evidence, some of the oldest archaeological relics found are musical instruments. On one hand, many music lovers admit that they know nothing about it, but they enjoy it. On the other hand, if we all like music, how can we explain the differences between people’s musical preferences? Are these preferences influenced by the previous accumulated knowledge which has in the cultural context?*

Objective: *This research aims to investigate a link between musical preferences and the crystallized intelligence component, which is heavily dependent on the cultural aspects and also to answer the question why people seem to settle in their tastes of music as they get older.*

Methods: *The Intelligence Structure Test (I-S-T 2000R) was applied to 100 subjects (64 women and 36 men) and also, two questionnaires have been applied, which aimed to investigate the musical preferences of the study’s participants. The first questionnaire contains questions about musical preferences, while the second one has an audio file attached , which contains fragments of different musical genres.*

Results: *After statistically processing the collected data, it has been showed that the participants who scored above average at the Intelligence Structure Test prefer mostly to listen to classical and rock music, while those with a lower score listen to commercial and rhythmic music.*

Conclusions: *The study indicates links between musical preferences and crystallized intelligence – the culture’s reflection over the structure of intelligence.*

Keywords: *crystallized intelligence, intelligence structure, culture, muzical preferences*

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Using the Nottingham Health Profile with Cancer Patients: Factorial Validity and Psychometric Properties of the Romanian Adapted Version

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Abstract

Introduction: *The Nottingham Health Profile (NHP) has been portrayed as a multipurpose measure of health status, capable of being used in population surveys and in the evaluation of both medical and psychosocial interventions. In the fields of oncology and psycho-oncology, it has been widely used to assess health-related quality of life or disease activity and any changes that occur with regard to them.*

Objectives: *The aim of the present study was to adapt the NHP for the use with Romanian cancer patients and to test its psychometric properties and factorial validity.*

Methods: *The final Romanian adapted NHP was obtained through translation and blind back-translation by a panel of bilingual experts. Afterwards, a mixed sample of 250 adult cancer patients ages 23-82 years old ($M=54.38$, $SD=11.85$) from the Bucharest Institute of Oncology completed both NHP and FACT-G along with 14 questions regarding demographics. FACT-G was used to measure the concurrent validity of NHP scales and to test its usefulness within multi-instrument assessment protocols.*

Results: *The findings show that NHP exhibits adequate internal consistencies, in strong agreement with the literature, as well as moderate inter-scale correlations. Second-order confirmatory factor analysis using WLSMV estimation strongly supported the fit of the original six-factor model. No additional changes in factor structure or items of the Romanian NHP were warranted by the results of this study.*

Conclusions: *The study has shown that the Romanian NHP questionnaire possesses adequate psychometric properties and can be used with cancer patients in both clinical and research settings. Further research on test-retest reliability and potentially on the weighting system is required to establish its complete equivalence to the original instrument.*

Keywords: *nottingham health profile, nhp, validation, romanian adaptation, cancer*

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